

Casemate

Spotlight
Event

It's Showtime

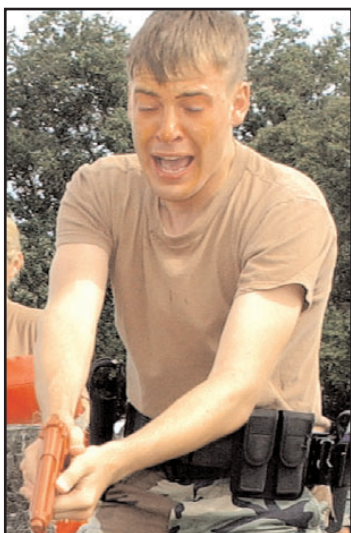
Sixteen talented Soldiers from across the Army bring their 2005 'Operation America Cares' variety show to Fort Monroe . . . **Page 16**

Vol. 27, No. 21

Published for the community of Fort Monroe

October 14, 2005

What's Inside



Pepper attack

MPs experience training to help them fight through a pepper spray attack .

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Bay Breeze Brunch

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Community Notice

Garrison HQs hosts town hall meeting

The garrison commander, Col. Jason T. Evans, will host a community town hall meeting at 6:30 p.m., Nov. 7 at the Fort Monroe Theater. Representatives from key staff agencies will be on hand to provide information about current and future programs and other information community members should know. A question and answer session is also scheduled toward the end of the event.



Photo by Patrick Buffett

Gen. William S. Wallace accepts the TRADOC colors from U.S. Army Chief of Staff Gen. Peter J. Schoomaker during a Continental Park ceremony Thursday.

Monroe welcomes Wallace

The 12th commanding general of U.S. Army Training and Doctrine Command received a warm welcome to Fort Monroe Thursday at Continental Park.

Gen. William S. Wallace accepted the TRADOC colors from Gen. Peter J. Schoomaker, the Army Chief of Staff. Other participants in the assumption of command included the commandants and command sergeants major from TRADOC's 32 school and centers across the country.

Secretary of the Army Francis J. Harvey also attended the event.

Wallace comes to Monroe from Fort Leavenworth, Kan., where he was the commander of the Command Army Center. Prior to that assignment, he commanded V Corps during the onset of Operation Iraqi Freedom.

During Thursday's ceremony, Wallace shared his "vision" of TRADOC's future. "There is no question that we should preserve our focus on Soldiers,

the centerpiece of our formations," he said.

"We hear much about the asymmetries of our adversaries, and it is true that they present ... threats that are sometimes daunting. But those threats pale in comparison to our own asymmetric advantage — our Soldiers and leaders.

"I have seen our asymmetric advantage at work in war and it is awesome. At once both ferocious and compassionate, the American Soldier is our premiere military accomplishment.

"This command makes that happen, and we will preserve it. We will

"There is no question that we should preserve our focus on Soldiers, the centerpiece of our formations."

Gen. William S. Wallace
TRADOC COMMANDING GENERAL

continue to find patriots ready to answer the "Call to Duty" from the most free and forgiving society on earth. We will transform them into warriors who dominate in the most dangerous and unforgiving conditions imaginable. We will continue to grow leaders who are innovative and adaptive ... leaders who deserve the Soldiers they are blessed to lead.

In closing, Wallace said it all boils down to that one Soldier who walks a point in places like Kandahar, Mosel, Kabul and Baghdad.

"(It) is a position of great danger and responsibility. His very presence represents opportunity to people who would otherwise have none. It is to him and his future that we dedicate this command, for it is him that we serve.

A special feature about the new commanding general will soon be posted by the TRADOC News Service at www.tradoc.army.mil/pao.

Project Clean Sweep, Oct. 18, 11 a.m. to 1 p.m., Fort Monroe Fitness Center.

"The first step in achieving the great experiences of life is to get out of the boat."

The 'water walker's' journey

When I first came in the Army, I found that there was a term used for those select few Soldiers who seemed to perform well above expectations.

They were the ones who achieved Soldier of the Month, Quarter or Year. They were promoted "below the zone," well before their peers. They were "top block." They were called "water walkers."

I believe we all want to succeed. We want to achieve the goals we have set for ourselves. We want to be winners in life.

Sometimes, however, we

Chaplain's Corner



Maj. Jerald Jacobs
 Post Chaplain's Office

get sidetracked. Our lives seem to become routine and

mundane. The things we once desired don't seem as possible as they once did. We become complacent.

In our Wednesday Night Bible Study we are studying the book, "If You Want to Walk on Water, You've Got to Get Out of the Boat," by John Ortberg. It is an insightful look at the concept of being the best you can be and being all God intended for you to be.

The title of the book might lead you to believe the first step in achieving the great experiences of life is to get out of the boat. As the saying goes, you have to risk great things to accomplish great things.

In order to understand what the author is saying, however, you must put the title of the book in the context of the account of Jesus walking on the Sea of Galilee and Peter walking on the water to go to Jesus.

Peter didn't just leap out of the boat and walk on water. He first asked Jesus to bid him come and then responding to Jesus' call he got out of the boat.

The first step in accomplishing great things for God is to recognize what God is doing and His call upon our lives.

It was a little easier for Peter than for us, he saw

Jesus doing the impossible, asked for a call and responded in faith. In this study we will learn to recognize God's activity, answer His call, respond in faith and become water walkers.

I encourage everyone in the community to come out and join us for this study. We meet at the Chapel Center on Wednesday nights at 5 p.m. for a "pot luck" supper (bring a side dish; the Chapel provides the main dish).

The Bible study starts at 6 p.m. There is a nursery provided and classes for youths.

God bless you.



Photo by Patricia Radcliffe

Post firefighter David Earl dons breathing apparatus and helmet to show visiting toddlers Wednesday that there was "no scary stuff" going on although he looks and sounds unusual.

In 2002, candles were reported to have started 18,000 home fires ...

Fire inspector warns, 'watch those candles'

The fire station is bustling with activity, yellow school buses are depositing load after load of awe-struck, giggling children ... it must be Fire Prevention Week.

This year Fire Prevention Week is being observed Oct. 9 to 15, and the theme is, "Use Candles With Care."

According to the National Fire Protection Association, candle fires account for an estimated five percent of all reported home fires. Just in 2002, candles were reported to have started 18,000 home fires resulting in an estimated 130 deaths, 1,350 injuries and about 333 million dollars in property loss. About 40 percent of the reported fires started in the bedroom with falling asleep contributing to 25 percent of the reported deaths.

Almost twice as many deaths are reported in December than an other month, possibly due to the holidays.

The following are some tips

Community Spotlight

Shirley McCollough

Fort Monroe Fire Department

to ensure safe candle usage.

- Extinguish all candles before leaving a room or going to sleep.
- Keep candles away from items that can catch fire like clothing, books and curtains.
- Use candle holders that are sturdy, won't tip over easily, made from a material that cannot burn and are large enough to collect dripping wax.
- Keep candles and all open flames away from flammable liquids.
- Keep matches, lighters, and candles out of the reach of children.
- During power outages avoid carrying a lit candle. Use flashlights and keep plenty reserve batteries on hand.

Fire Prevention Week was

established to commemorate the Great Chicago Fire, the tragic 1871 conflagration that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. The fire began on Oct. 8, but continued into and did most of its damage on Oct. 9.

While the Great Chicago Fire was the best-known blaze to start during this fiery two-day stretch, it wasn't the biggest. That distinction goes to the Peshtigo Fire, the most devastating forest fire in American history. The fire, which also occurred on Oct. 8, and roared through Northeast Wisconsin, burning down 16 towns, killing 1,152 people and scorching 1.2 million acres before it ended.

The Fort Monroe Fire Department is holding puppet shows and tours at the fire station throughout October to teach fire safety to youngsters. Call 788-4011 for more information.

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Lecture explores care of disabled Soldiers

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

One of the more sad but unavoidable results of any war is Soldiers suffering severe injuries and returning home with a permanent disability.

How do they cope? Their lives are changed forever. They face months of rehabilitation and a lifetime of potential mental anguish. A disability can also strain relationships and limit career possibilities.

Enter Jane Dulin, the featured speaker for Fort Monroe's National Disability Employment Awareness Month observance Wednesday at the post theater. She is a Soldier and family management specialist with the Army's 18-month-old Disabled Soldier Support System – or DS3 for short.

DS3 provides information and advocacy to Soldiers who have a 30-percent disability rating or higher as a result of injuries sustained during the Global War on Terrorism.

Centrally managed at Department of Army Headquarters, the program gives these disabled Soldiers and their immediate families a single starting point for help with their financial, administrative, medical and vocational needs,

among others. Assistance continues throughout the Soldier's rehabilitation process and until the eventual return to active duty or medical retirement from the military – up to five years in many cases.

“Basically, we're offering the personal support ... the personal contact ... these Soldiers and families deserve while they're tackling some of the most difficult decisions in their lives,” Dulin said. “Our goal is not to replace those agencies that specialize in these sorts of disabilities. We're merely there to help them understand that network and how to use it.”

Soldier and family management specialists, such as Dulin, maintain constant contact with the Department of Veteran's Affairs, the Labor Department and Veteran's Service Organizations and foundations that stand ready to help.

“Employment issues are also an important consideration,” Dulin said. “We have seen a lot of family members who have put their jobs on hold so they could be at the Soldier's bedside. Obviously, that can lead to financial difficulties that need to be resolved. We're also there to help the Soldier explore future career options, which may include returning to active duty or



Jane Dulin, Disabled Soldier Support System

seeking government employment.”

One of the DS3 programs' biggest challenges, Dulin continued, is making that initial contact with Soldiers and families who may need their help. “When you're in that situation, ‘disabled’ can be a pretty scary word,” she said. “And we're fairly new, which makes an initial introduction even harder. The one question we hear a lot is, ‘Who are you again?’”

Being new also means they have much to learn, Dulin admitted. Nothing like DS3 has been tried before. “We've learned from the mistakes of our past and we're going to keep on learning because we owe that to the American Soldier.”

The Disability Employment Awareness Month observance also included remarks from Melissa Magowan, the acting deputy to the garrison commander.

“Disability does not mean inability,” she said. “This is a message that's so important, yet not accepted enough, in our society.”

“The tremendous value that persons with disabilities bring to the workplace must be an ongoing message that's maintained by all of us. ... We all play an equally important role in the charge to give every American worker the freedom to compete on a fair and level playing field.”

“In keeping with this year's theme, ‘Workers with Disabilities: Ready for Tomorrow's Jobs Today,’ we recognize and salute the skills, creativity and dedication of working people with disabilities, and take appreciative note of their commitment to our nation and its continued prosperity.”

Native American Heritage observance features former National Geographic scribe

A former staff writer for National Geographic magazine, who has also authored several books on American Indian culture, will speak at the post's National Native American Heritage Month observance here Nov. 3.

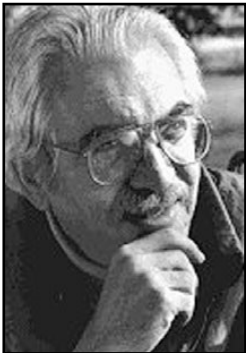
Harvey Arden, who now dedicates considerable time to understanding the lives, wisdom and spiritual practices of the “Old Ones,” will be the featured speaker at the 90-minute program, starting at 1:30 p.m. at the post theater.

The month's observance (Nov. 1 through 30) theme is “Drawing Strength and Guidance from Heritage and Ancestry.”

Arden's books on American Indians include “Wisdomkeepers: Meetings with Native American Spiritual Elders;” “Noble Red Man: Lakota Wisdomkeeper Mathew King;” and “Travels in a Stone Canoe: The Return of the Wisdomkeepers.”

The drum group “Many Nations” will perform three tribal songs with dancers.

The observance is free and open to the public, and no tickets are required. A sign language interpreter



Harvey Arden

will be on site.

For 23 years, Arden was a staff writer for National Geographic, producing some of the magazine's most memorable stories. These include John Muir's Wild America, which evolved into a best-selling society book, as well as The Magical World of Hans Christian Andersen; In Search of Moses; and The Fire That Never Dies: The Living Iroquois Confederacy.

While at National Geographic, Arden personally experienced two, significant world events and wrote responses on both. He survived the 1981 “Good Friday Earthquake” in Ayacucho, Peru, and, six months later, he stood just a few steps from Anwar Sadat when he was assassinated outside Cairo. Arden's first-hand accounts of the events electrified millions of National Geographic readers.

The Security Assistance Training Field Activity, TRADOC, is sponsoring the observance. For more information, call 788-3086 or 788-2983. Additional information on Native American Heritage Month events can also be found at <http://www.monroe.army.mil/monroe>.



Casemate file photo

Celebrating the Spirit

Tina “Windwalker” Turlington, a local Native American of Cherokee decent, blesses indian artifacts outside the Casemate Museum in October 2004. Turlington returns Nov. 1 for a similar ceremony. The artifacts will remain on display in the post museum throughout the month.

NewsClips

Stewardship program

Volunteers are needed to help with the Stewardship Virginia, a statewide initiative geared toward enhancing and conserving Virginia’s natural and cultural resources.

Batteries Parrott and Irwin have been selected as Fort Monroe’s stewardship project. Volunteers will be asked to help to remove vegetation growing through the concrete of these batteries on Oct. 21 from 9 a.m. to noon.

Although this is a command-sponsored event, garrison employees must their supervisor’s approval to participate.

Contact Becky Holland at 788-4166 or hollandb@monroe.army.mil, with names and number of employees who wish to join the spruce-up effort.

Helpers should bring work gloves. Tools, water and drinks will be provided. Certificates of Appreciation from the State of Virginia and Gov. Mark Warner will be given to each volunteer to thank them for their participation.

Bands honor veterans

U.S. Joint Forces Command will host the 10th annual “Salute to Veterans” concert at 3 p.m. on Nov. 6 at Norfolk’s Chrysler Hall.

This performance features a combined military band, made up of select members of: The U.S. Army Continental Army Band, Fort Monroe; U.S. Atlantic Fleet Band, Norfolk; U.S. Air Force Heritage of America Band, Langley AFB; Marine Detachment, Navy School of Music, and the Groton, Conn.-based U.S. Coast Guard Band.

The theme for this year’s concert

is “America’s Heroes - Through the Years.”

The concert is free and open to the public, but tickets are required to ensure seating. Tickets may be obtained by sending a self-addressed, stamped envelope to: The U.S. Continental Army Band, ATTN: STV Tickets, 10 Bernard Rd., Fort Monroe, Va. 23651.

People without tickets will be admitted after 2:45 p.m. on a space-available basis.

Updated information about the concert and future events is available by calling the U.S. Continental Army Band’s concert information line at 788-3620 or by visiting www.tradoc.army.mil/band.

Financial seminars

Langley Federal Credit Union will hold the following free monthly financial education seminars from 6:30 to 7:30 p.m. at the Omni Hotel in Newport News. Attendees need not be members of LFCU.

To register, contact Richard Hill at 643-8715 or RHill@langleyfcu.org. Seating is limited, so reservations are required.

Car Buying Tips – Oct. 20, Learn how to do online research, the importance of pre-qualifying for a loan, the buying process and more.

Understanding Long-Term Care, Medicare and Medicaid – Oct. 26, For those who are concerned about the rising cost of health care after retirement and protecting their estate from unexpected long-term care costs.

Proper Financial Planning – Nov. 3, Learn financial strategies that work best for the needs of individual investors.

More News Clips, Page 17

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Area organizations launch holiday rooms program

Fort Monroe enlisted Soldiers, staff sergeant and below, who cannot go home for Christmas can take part in the annual Peninsula Military Holiday Rooms Program, which provides free lodging for immediate family members.

Families can have a reserved room at a participating hotel starting at 3 p.m., Dec. 23, until checkout at noon, Dec. 26.

The Military Affairs Council of the Virginia Peninsula Chamber of Commerce and its member innkeepers sponsor the Holiday Rooms Program. The initiative is intended to provide one room per enlisted person on a first-come, first-served basis.

Rooms are double bed, double occupancy, for use by no more than seven people. Additional services, such as cots or cribs, must be coordinated by the service member through the participating hotel.

The Fort Monroe Public Affairs Office will coordinate lodging requirements for enlisted personnel at this installation only. PAO can also

assist with the registration form required for the program. Participants are reminded that they only need to fill out Part 1 of the Holiday Room registration form and return it to the Fort Monroe PAO no later than Dec. 9.

Part II of the registration form will be completed by PAO upon confirmation of a room reservation being made by a participating hotel.

Forms will be returned to Soldiers on or around Dec. 12.

Forms are available at the Fort Monroe PAO, the HHC orderly room and command sergeants majors’ offices throughout the installation and via command email notices.

For more information, call Earl Richards at 788-3205.

Academy seeks Soldiers

The mission of the U.S. Military Academy at West Point, N.Y., is to educate, train, inspire and commission leaders of character for today’s Army and has been doing so for over 200 years. While high school graduates bring certain traits that admissions officers look for, the most valuable and overlooked candidates for West Point are right in the ranks.

The U.S. Military Academy Prep School (USMAPS), currently located at Fort Monmouth, N.J., provides a foundation of academic, military and physical instruction in a structured environment. Those who attend USMAPS will complete a 10-month program and will then attend West Point for four years if they excel during that time.

Those interested in attending USMAPS before attending the academy still go through the West Point application process. All Soldiers who apply are automatically considered for USMAPS if they do not get direct admission to West Point.

Those interested in attending the academy go through the same application as their civilian counterparts. Soldiers who apply should at least obtain a nomination from their first-line commander, but it is recommended that Soldiers also try to obtain a congressional nomination.

In addition to the nominations, everyone must complete an application, fill out a cadet questionnaire and complete the physical assessment.

For more information about the academy visit www.usma.edu or contact Maj. Steven Isenhour at DSN 688-5780 or Steven.Isenhour@usma.edu.

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4 X 12
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Monroe launches new information meeting

**BY PATRICIA
RADCLIFFE**

CASEMATE STAFF WRITER
Simple ...

That’s the word that best describes the new Monroe Information Meeting (MIM) program.

MIM is an uncomplicated way of disseminating information to all Soldiers, civilians and family members associated with Fort Monroe, according to organizers. Its inaugural session was held Wednesday at the new TRADOC video teleconferencing center.

“How many of you have ever walked up on something here at Fort Monroe and said, I didn’t know that was going on,” asked Col. Anthony Crutchfield, TRADOC assistant chief of staff.

“That’s what this forum is for, so you never have to say that again,” he continued.

“We put information out to you and we are asking you to filter that information to the people you come into contact with on a daily basis. If information stays in this room, we still haven’t done part two of what we’re supposed to do, and that is to share that information. So, you are the catalyst for (getting

out) information. That’s what our objective is,” Crutchfield said to military, civilian and spouse representatives of every command on post.

He said that MIM is not a question and answer session, but it is a time for sharing and to recognize special people in our community like volunteers or the yard of the month awardees.

Attendees with specific questions were asked to speak to

panel members individually after the one-hour meeting ended. This is appropos for future MIMs, which stresses putting out information.

The panel was comprised of 18 representatives from organizations that serve military, civilian and family interests ranging from Army and Air Force Exchange Service and Better Opportunities for Single Soldiers to the Thrift Shop and USO. Each

presenter simply disclosed happenings in their areas. Flyers advertising presenters’ activities are included in packets that were given to attendees.

MIM began as a suggestion by spouses who wanted a way to receive word of post-wide goings on in a manner that did not involve slide presentations or even e-mail - they wanted hands-on presentations, according to Cliff Whitehouse, the Director of

Plans, Analysis and Integration for the garrison.

“We are trying to meet a need for better communications and this is the way we found to do it,” Whitehouse said.

“By having representatives from the various organizations in the same room, there is cross communication. I think everyone usually stays in his own lane. Here there’s an opportunity to interact,” White-

house said touting face-to-face communications.

“We are kind of like a clearing house (in that) we take information that’s already out there and present it in another way. It’s just a more personal venue to reach out to our customers and keep them informed,” Whitehouse said.

MIMs will take place the second Wednesday of each month.

Spotlight

Event

Post continues

CFC drive

The Combined Federal Campaign of the Virginia Peninsula is now underway.

CFC is a great way for Soldiers, civilians and even government contractors to donate to local charities and even help the many organizations that benefit the military directly.

The Fort Monroe goal for 2005 is \$200,000, which it surpassed last year thanks to the generosity of all! For more information, contact your office or organization keyperson.

5 X 10
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Thrift Shop is paradise for bargain hunters

BELINDA BAKER
CONTRIBUTING WRITER

The Fort Monroe Thrift Shop kicked off its fall/winter season last month; reopening its doors at a now permanent home in Building 12 on Patch Road.

Serious bargain hunters can find some real gems on the shelves at this “more convenient location,” said Dibba Hamilton, long time store manager, noting that she hopes patronage will increase and all interested in volunteer work will do so at the thrift shop.

“Most shoppers love to save money, search for unique items and share the ‘thrill of the hunt’ with others,” said Hamilton.

“We offer ‘gently used’ merchandise and make every effort to provide a clean department store-type of atmosphere. I had a customer once tell me that it doesn’t ‘smell like a thrift shop’ when she walked in the door. She said most of the thrift shops she’s visited – even military ones – smell dank, musty and look really junky. It was a compliment that she noticed the difference here,” Hamilton recounted.

Within the Army, post thrift shops operate at roughly 70 percent of all installations, according to a survey of Officers Wives Clubs, which often operate the shops. Inventories include almost anything imaginable, because most of the people who donate items have traveled widely, she added.

As a testament to its varied offerings, a hobby horse ripe for those who enjoy collecting and decorating such things occupies a spot on Hamilton’s sales floor. Right next to that sits a like-new boogie board ready for purchase by any extreme sports enthusiast.

While the shop’s unique merchandise and reasonable prices are appealing, Hamilton considers the shop’s consignment option a benefit to the community as well. “Unlike anything you’ll probably find outside of post, our commission on consignments is only 25 percent. So you get back a larger portion of your selling price,” she stressed.

The thrift shop is open from 10 a.m. to 2 p.m. Tuesdays and Fridays with consignments accepted through 1 p.m. Consignors, includ-

ing National Guard and Reserve members, must present a valid military ID card. Although the shop is open to the public, only military personnel and their families can bring items in on consignment.

A 24-hour donation box is located in the parking lot. Those who want tax receipts for their donations must bring their items inside of the store anytime during regular busi-

ness hours, said Hamilton.

She pointed out that there are some restrictions on donations and consignments. The shop will not accept undergarments of any kind, body suits, leotards, bathing suits, explosives, firearms, toxic items, mattresses, large appliances, large building supplies or large automobile parts. Plus everyone is asked to

See THRIFT SHOP, Page 9



Photo by Belinda Baker

Herta Jones, a volunteer, stocks merchandise at the post Thrift Shop Sept. 16 in preparation for the store’s “lunchtime rush.”

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3 X 7
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VA offers breast cancer awareness tips

October is National Breast Cancer Awareness Month. The chance that a woman will be diagnosed with breast cancer over her lifetime is one in eight. However, many men are diagnosed with breast cancer, too.

The U.S. Department of Veterans Affairs (VA) continues conducting research into breast cancer to discover potential causes and to develop better diagnostics and treatments for this disease.

Mammograms every year for women aged 40-70, especially for high-risk women who have had a first-degree relative diagnosed with

breast cancer, are encouraged in order to help detect breast cancer at the earliest and most treatable stages.

However, a VA study urges discreet use of mammograms for women older than 70, as the radiation exposure from mammograms may outweigh the potential benefits for elderly women in very poor health.

Mammograms may detect cancer, but they do not prevent cancer. While the causes of breast cancer are still unknown, here are a few tips that may help reduce the risk of developing the disease:

- Don't smoke, exercise regularly, and maintain a healthy weight. Studies show that excess weight may increase the risk of breast cancer.
- Eat fresh fruits and vegetables daily. The fiber, antioxidants, and other nutrients found in fresh fruits and vegetables may help reduce the risk of breast and some other cancers.
- Conduct self-breast examinations monthly. Seventy percent of all breast cancers are found through self-breast exams.
- Reduce the negative stress in your life. Keeping a positive, relaxed outlook may be beneficial for the immune system, therefore reducing the risk of some diseases.

THRIFT SHOP Continued from Page 8

ensure that their donations or consignments are in working order, reasonably clean and gently used.

In addition to meeting bargain hunters' needs and helping others earn cash through consignments, the thrift shop serves a nobler purpose. Money spent at Army thrift shops goes back into the military community. Profits are dispersed into welfare funds which are given to post organizations. To qualify for those funds, said the manager, organizations must submit a letter stating why they need the money and for what purpose it will be used.

Those who have enjoyed past thrift shop contributions include boy scouts, girl scouts, Red Cross, the Child Development Center and the Casemate Museum, among other post entities, she added.

The thrift shop also supports a few Army Community Services activities like the annual volunteer luncheon. In addition, some of its profits also go toward scholarships.

In perhaps its best year in recent times – fiscal year 1999-2000 – the thrift shop donated \$7,000 to welfare recipients in the area, and \$10,000 to a scholarship fund for

the children and spouses of military personnel. The following fiscal year \$5,050 went towards scholarships, she said.

However, those figures decreased in the past few years due to a number of factors that affected the shop's patronage and caused a decline in profits. In fiscal year 2003-2004, the thrift shop donated \$2,700 in scholarships and \$1,000 in welfare funds.

Now comfortably settled at the new larger facility, Hamilton said she hopes community members to include active duty, family members, retirees from all branches, and DoD civilian employees will help turn the tide.

"I get so many people telling me they didn't know that Fort Monroe has a thrift shop and it surprises me. Well, we're here in this nice larger building (formerly the post gym) and we're able to put more merchandise on the sales floor. We want everyone, especially our civilian employees, to come see what we have to offer. It's a great way to spend the lunch hour," said Hamilton.

For more details about the Fort Monroe Thrift Shop, call 788-2566.

Visit us online at:
www.monroe.army.mil/casemate

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Student Spotlight

Sisters find success through sincerity

BY PATRICK BUFFETT

CASEMATE STAFF WRITER

Stephanie and Katherine Helmick are a study in poise, determination and respect.

Sitting in the front room of their Ruckman Road military quarters, the sisters politely fold their hands on their laps and frequently embellish their conversation with heart-warming smiles.

Both are straight-A students. They're not shy about discussing their faith or their appreciation of the simpler things in life. They struggle to remember the last time they watched TV but easily recall evening walks around Fort Monroe with their dogs Pixie and Pico. They list Tae Kwon Do among their hobbies – the family attends four classes a week and both girls have earned black belts.

"My parents have always been my biggest inspiration," said Katherine, age 12. "For as long as I can remember, they've stressed the importance of getting a good education, believing in God and just being a good person."

A few weeks earlier – Sept. 24 through 29 to be exact – Katherine represented Hampton's Jones Magnet Middle School at the Junior National Young Leaders Conference in Washington, D.C. During the event, student participants from across the country toured numerous historical sites and met with elected officials and key congressional staff members on Capitol Hill.

"Of course, we're very proud of her selection," noted Col. Michael Helmick of the TRADOC Futures Center. "Only 200 students from across the nation are chosen for the conference annually, so the competition is pretty tough."

"My parents have always been my biggest inspiration. For as long as I can remember, they've stressed the importance of getting a good education, believing in God and just being a good person."

Katherine Helmick

JONES MAGNET MIDDLE SCHOOL

The colonel extracted a pamphlet from a stack of papers and assorted awards balanced on a coffee table alongside a generous platter of cookies ... probably homemade. The document not only detailed the ambitious 7 a.m.-to-10 p.m. schedule students faced at the conference, but also its emphasis on leadership traits like courage, perseverance, respect and teamwork.

"I guess I appreciated it more



Photo by Patrick Buffett

Stephanie, right, and Katherine Helmick enjoy a cool fall evening on the front steps of their Ruckman Road military quarters.

because I am part of a military family and those traits are just something we live with every day," Katherine said with a confident expression. "And the opportunity to see sites like the new Korean War Memorial was especially important to me because we lived in the

French while attending elementary school in Belgium, and Korean during the family's last duty assignment.

Stephanie and Katherine's "worldly" view is also reflected by their similar shoulder-length hairstyles. Over the past summer, they each donated roughly a foot of their waist-length locks to a special program called "Locks of Love," which provides hairpieces to cancer patients.

"When we heard about the program, we just knew automatically that it was something we wanted to do," said Stephanie, 15, in a tone that suggests she's a bit shier than her younger sister. "There are things we take for granted that mean so much to others, and we truly believe that giving is an important part of being a servant of God."

Stephanie is also a success story in the academics arena. As she listed the classes in which she excelled last year as a Phoebus High School freshman, her dad carefully arranged the corresponding medallions that heralded her efforts. The collection includes a special plaque that was presented during a dis-

trict-wide award ceremony for honor-roll students who achieved the highest academic scores.

Stephanie earned the highest scores in seven of her eight classes last year and finished number two overall among her freshman class. She also earned her academic letter, similar to a varsity sports letter.

"Just like Katherine, I think a lot of my success has to do with the support I get from my parents," said Stephanie, who is now attending the prestigious New Horizon's Governor's School for Science and Technology in Hampton. She attends two classes there as well as her required sophomore courses at Phoebus High.

She has also met the eligibility requirements for dual enrollment or "shared" courses at Christopher Newport University, Newport News, which award college credits in addition to those needed for her high school diploma.

"I guess I would describe myself as an introvert because I'm not really into some of the stuff other teenagers do," Stephanie said. "I want to stay focused. I want to go as far as I can academically and see where that leads."

Stephanie said her future "without a doubt" will include continued service to God. She is nurturing that part of her life through weekly Bible studies provided by the Post Chaplain's Office.

Katherine has a few career goals in mind. One possibility, she said, is veterinary care – a field in which her mother, Gina, holds a degree. The 12-year-old also fancies the idea of becoming a teacher or helping kids in some fashion.

"Whichever way they choose to go, I know they will be successful," concluded the girls' proud father. "And part of this success story is the support we've gotten from the Hampton School System and our installation school liaison officer, Charlie French.

"The worst thing that can happen scholastically, from my perspective as a military parent, is arriving here and discovering all the deadlines for advanced programs have passed, so you're stuck with whatever is left over and miss a whole year of opportunities," the colonel said.

"But we found a lot of information on the (Fort Monroe School Liaison and Hampton City School Web sites), and were able to send the required transcripts ahead of time to get our girls into the courses that fit their academic level. That was a huge relief and an excellent example of a well-thought-out program that helps military families."

Love graces Sunday brunch menu



Photos by Patricia Radcliffe

Photo above: Catering manager Mike Robinson checks chafing dishes containing breakfast selections prior to the doors opening for the brunch on Oct. 9. Among the various meat choices on the buffet, at least one is prepared using champagne each week.

BY PATRICIA RADCLIFFE
CASEMATE STAFF WRITER

Sunday Champagne Brunch at Fort Monroe consists of more than the typical fare – it includes love.

Each Monday, Mike Robinson, catering manager at the Bay Breeze Community Center said that he begins selecting brunch menu items for the upcoming Sunday.

“Who is the customer? What is the customer’s specialty ... what do they want? If there’s a specific theme, what goes along with that theme?”

“These questions,” Robinson said, “go into the thought process for developing a menu.”

Certain items will always make their way to the shiny buffet chafing dishes and platters in various forms – eggs, beef, chicken, pork and seafood. That’s to be expected when one desires contented connoisseurs. Still, Robinson said his cooks have liberty to add one more items to the menu that’s not always seen, but can be felt.

“We have love foods on our menu,” he said with a smidgeon of bass in his voice similar to that of singer Barry White. He paused with a serious yet mischievous facial expression, and then explained. “Love foods are those that are prepared using the cook’s favorite recipes,” he said. “Like one will ask if she can cook chicken and dumplings using her mother’s recipe. Love foods are the ones from your childhood.”

Ingredients for love foods – which like comfort foods can engender sweet memories from the past – are purchased from contract vendors to complement each menu.

“Two servings per person, is what we plan,” Robinson said. “At brunch, unless there’s a special event like Oktoberfest, we anticipate (feeding) about 75 people.”

To prepare 150 or more meals, cooks “pull” meats from a deep freezer to slow thaw in a refrigerator at temperature hovering around 32 degrees about two days prior to an event. The night before the meal is to be served, Robinson, three cooks and two kitchen personnel begin preparing the culinary fare while the duty manager and wait staff set up the dinning room. If there are back-to-back occasions celebrated at Bay Breeze – like wedding receptions – the entire staff will likely work 12 to 16 hours straight. The 15-year food service veteran said the staff handles about two or three events during the week and brunch on Sunday.

“As soon as Saturday night’s last event is

over, we start (brunch) preparations. If we will be serving chicken for example, we wash and clean it – remove fat and residual feathers – and marinate meat when recipes call for marinade,” Robinson said. “We also prepare pancake and waffle batters, things like that, the night before.”

Three cooks typically manage three six-burner gas stoves, two broilers, seven ovens – four convection, three conventional – two deep-fat fryers and about eight walk-in, reach-in and storage-box refrigeration units.

Around 7 a.m. Sunday, all the baking, frying, braising, sautéing and poaching hustle-bustle begin. On any given Sunday, 15 hot foods and 10 to 12 deserts are prepared along with a myriad of soups and salads by perpetually-moving cooks. Robinson said that at least one dish each week is made using champagne in the recipe, ergo, champagne brunch.

Scouring and scrubbing, kitchen personnel primarily ensure stacks of dishes, pots and pans are clean and available to food preparers who replenish chafing dishes throughout the meal.

The flurry of activity in the kitchen belies the quiet of the dining area where the food is only part of the brunch experience here on post.

“It’s a time for families to spend a quiet moment together after church since brunch is served from 11 to 2 o’clock,” Robinson said. He added that many people make Bay Breeze a sort of habitual Sunday eating spot week after week for many years.

“They are usually folks that have been members of the club or just like the club scene,” Robinson said.

One unique attraction every other Sunday is Roberto “El Romantico” Henriquez. Originally from Venezuela, Roberto – as he is known to his fans – sings easy-listening tunes here and in various other venues throughout Tidewater. He varies between slow and fast, romantic and fun, English and Spanish-language tunes that set feet “a-dancing” in scores of ballroom styles.

“What the customers want, that’s what we provide. We have a standard menu, but we will customize. It’s sort of like, when you go to the dealership and you can buy that Cadillac at the standard Cadillac price. We have a standard menu, but we can go up and beyond that,” Robinson said.

For more information about having an event catered, contact Mike Robinson at 788-4226.

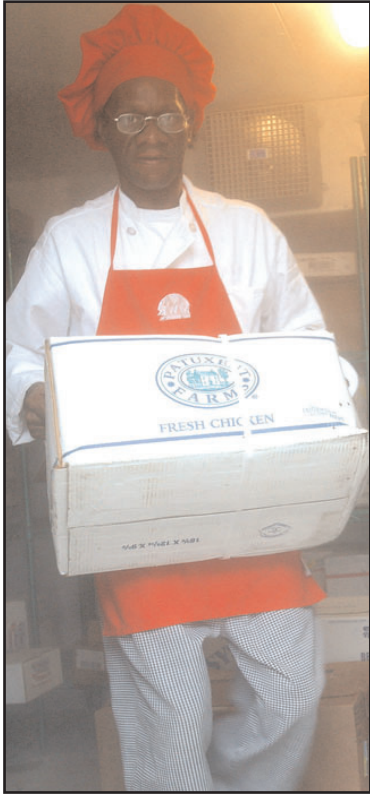


Photo left: Cook Donnell Jones comes in out of the cold as he unloads chickens from a deep freezer in preparation for the culinary event. Photo above: Waitress Andrea Glenn buses dishes after clearing tables. She recently celebrated 25 years at Bay Breeze. Photo right: Cook Gay Riggins places food in a warmer which keeps food at a healthy and more enjoyable temperature.



Sports & Health

Got any sports results?
Need to advertise an upcoming event?
Give us a call at 788-3208 or e-mail casemate@monroe.army.mil.



Monroe racers run unexpected extra mile

BY DALE ABRAHAMSON
SPECIAL TO THE CASEMATE

An unusual thing happened to runners on the way to the finish line of the 2005 Army 10 Miler on Oct. 2.

Two minutes into the race, a suspicious package was identified by (Washington) DC Metro Police on the 14th Street Bridge under the HOV lanes as three Fort Monroe Teams shuffled along with more than 15,000 fellow runners.

While the athletes ran past the Lincoln Memorial and the Kennedy Center, a DC Metro explosive ordnance unit was summoned to investigate and clear the package.

With the race clock ticking, runners were diverted from the potentially dangerous course to one measuring one to one-and-a-half miles longer.

Nearing the end of the course, runners realized the run had become merely recreational because it was now impossible to calculate the distance remaining to the new finish line. Although after passing the first mile marker – while going in the opposite

direction – it was obvious that the course length had grown longer than the anticipated 10 miles. Consequently, there would be no overall/age group or team awards.

Still, the three Fort Monroe teams ran well and – based upon comparable performances from the past three years – would have brought home team trophies in two and possibly all three categories.

Most members captured their individual times for the 11.2 mile run. Converting the times to the 10 mile distance, seven runners would have run times under 70 minutes and seven would have run times under 80 minutes.

“In the recovery area with a bagel in one hand and a finisher coin in the other I realized it was a great day, even after having gone the proverbial extra mile,” said team coordinator Dale Abrahamson.

For more information about running with the Fort Monroe teams, contact Abrahamson at 788-4227 or Mark Carper at 788-4218.



Photo by Patrick Buffett

The Fort Monroe running team poses with souvenir shirts from this year's Army 10-Miler. The runners are: 1st row, left to right, Brian DeMeyere, Sarah Ezell, Col. Jody Draves and John DiCarlo; 2nd row, left to right, Col. Mark Riccio, Vic Southern, Lt. Col. Mark Carper (team captain), and Capt. Eric Hansen; 3rd row, left to right, Lt. Col. Ken Downer, Master Sgt. Don Wagner, Capt. Jon Griesse and Dale Abrahamson. Team members not pictured are: Capt. Randy Hoberecht, Sgt. 1st Class Kevin Barney, Pamela Lovett, Ed Elmore and Tom Ray.

Climbing to the top

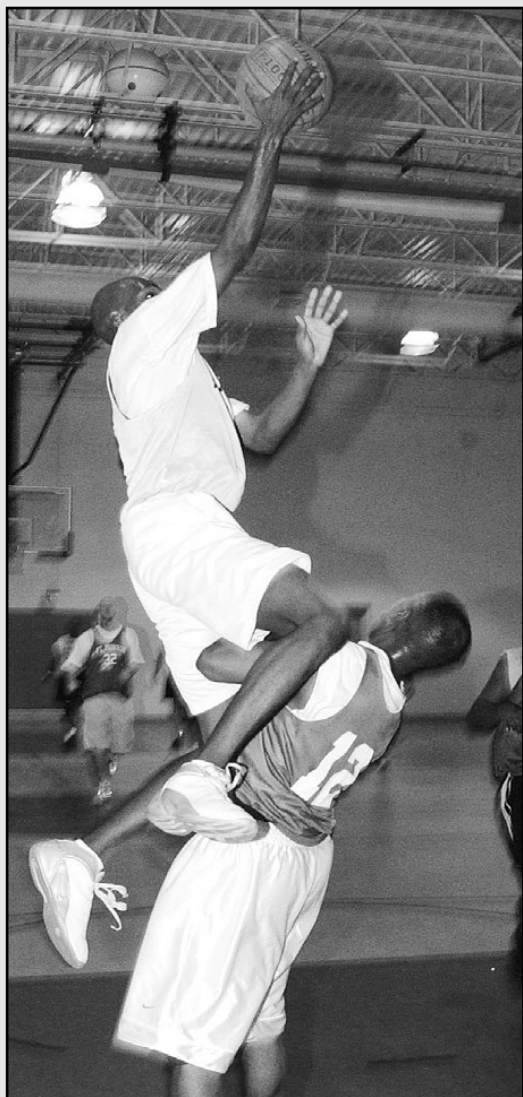


Photo by Patricia Radcliffe

Rimrattler Kevin Winn overtakes MWR's Ray Carr during intramural basketball on Oct. 6 at the CAC. Rimrattlers won 43-40 in a hard-fought game that ended when two MWR players displayed unsportsmanlike conduct. They are suspended from upcoming games.

Sports Roundup

Toys for Tots 10k/5k

The 7th annual Toys for Tots Holiday Fun Run will be held at the Mariners Museum in Newport New on Nov. 24. The 5k begins at 8:30 a.m. and the 10k at 9:30 a.m. and a free kids' 400 yard dash at 9:45 a.m.

Race fees are \$15 for entry forms post marked before Nov. 11 and \$20 afterward. T-shirts are only guaranteed to pre-registered entrants.

Race packets can be picked up Nov. 21 and 22 from 9 to 11 a.m. and 1 to 3 p.m. at the Marine Corps Training Center, 7401 Warwick Boulevard, Newport News or at the race location on Nov. 24 at 7 a.m.

New, unwrapped toys will be accepted at the packet pick-up site. Fees and donations will benefit the local U.S. Marine Corps Reserve Toys for Tots campaign.

For more information, contact Sgt. Lascelles Chambers at 247-6641, ext. 228 or e-mail chamberslf@mfr.usmc.mil.

Golf tourney

The 7th Annual Hampton Roads Military Classic of the South Scholarship Golf Tournament will be held Nov. 11 at the Kiskiack Golf Club, Williamsburg, Va. It is open to everyone. Foursomes will play a Captain's choice format; the field is limited to 144 players.

Prizes include \$10,000 and a new car for a hole in one.

The \$65 entry fee covers the cost of golf game, cart, beverages, practice range balls and after-tournament cookout. The payment deadline is Nov. 3. Entry forms can be picked up at area golf courses.

Proceeds benefit The Citadel and Virginia Military Institute scholarship programs.

For more information, call Pete Hoyer at 877-4022.

Bowling trials

Applications are being accepted for the 2006 All Army Bowling Trial Camp/Armed Forces Championship.

The Trial Camp will be held Jan. 4 to 6 with a training session to be held on Jan. 7. The Armed Forces Championship will run from Jan. 8 to 11 and the Team USA qualifier (top 24 women and 32 men) will be Jan. 12 and 13. All the events will be held at the National Bowling Stadium, Reno, Nev.

For more information, visit www.armymwr.com or contact Betty Raveill at DSN 761-7212 or commercial (703) 681-7212.

Charity golf

On Oct. 21, a Captain's choice (best ball) golf tournament will be held at Pines Golf Course, Fort Eustis beginning with an

8:30 a.m. shotgun start. The signup deadline is Oct. 15.

The cost, \$40 per person, includes green fees, cart, range balls, lunch, unlimited non-alcoholic beverages and mulligans (2 for \$5).

Awards will be given for 1st, 2nd, 3rd place, longest drive, closest to the pin. Door prizes will also be presented.

Proceeds will be donated to the American Cancer Society, Relay for Life.

Call Trudy Brinkley at 595-3292 or James Hayes at 898-1585 to sign up.

Track club meeting

The next General Membership Meeting of the Peninsula Track Club will be held at 7:30 on Oct. 18 at the Sentara Hampton Fitness Center, 300 Butler Farm Road off Magruder Blvd. The meeting is open to the public.

For more information, call 722-1303 or 220-0851.

Rockfish tournament

The 4th Annual "Get Hooked on Hampton Roads" Rockfish Tournament is scheduled for Nov. 18 and 19. This year's cash and prizes will total over \$60,000.

This year's tournament is expected to draw anglers from across the mid-Atlantic. For more information, call 728-5328.

Youth Activities

Sports clubs

Fort Monroe Youth Sports and Fitness personnel are seeking teens over the age of 13 to join their new Sports Clubs.

The clubs are comprised of teen leadership groups which are part of Youth Services that promote physical fitness, healthy eating habits, self -esteem and improved ability to interact positively with peers.

Among other things, kids will learn to coach, officiate, keep score, conduct a sports-related community service project and assist staff with clinics and camps. Club members are required to complete 100 volunteer hours. Those who complete at least 50 hours are eligible to attend a Triple Play Sports Leadership Camp.

Ballet, tap and theatre dance

- Starts: Nov. 3.
- Meets: Thursdays 9 to 9:45 a.m. (ages 3 & 4).
- Cost: \$35 for first child, \$28 for each additional child .

Ballet and tap class

- Starts: Nov. 7.
- Meets: Mondays, 3:15 to 4 p.m. (ages 4 to 6, including CDC kindergarteners).
- Cost: \$35 for first child, \$28 for each additional child.

Jazz and hip hop

- Starts: Nov. 7.
- Meets: Mondays, 5 to 6 p.m. (ages 6 to 11).

- Cost: \$35 for first child, \$28 for each additional child.

Smart Moves – theatre troupe

- Starts: Oct. 17 (Ages 6 to 11).
- Each participant must be a member of Child and Youth Services.
- Meets: Mondays, 3:15 to 4 p.m. (ages 4 to 6, including CDC kindergarteners).
- Cost: \$35 for first child, \$28 for each additional child.

Cheerleading

- Starts: January (Ages 6 to 15).
- Registration is ongoing and ends Nov. 10.
- Cost: \$35 for first child, \$28 for each additional child.
- Each participant must be a member of Child and Youth Services.

Nite Hoops

- Date: Oct. 21 from 8 to 11:30 p.m.
- Open to all YS members and guest in middle and high school.
- Cost: Free to play, \$3 for pizza
- Sign up is ongoing.

Youth basketball

- Starts: January.
- Registration ends Nov. 10.
- Cost: Ages 5 to 7 - \$35 for first child, \$28 for each additional child. Ages 8 to 15 - \$40 for first child, \$32 for each additional child.

- Each participant must be a member of Child and Youth Services.

Note: An annual registration fee of \$18 is required to become a member of CYS.

For more information, call Mike Jones at 788-3957.

Coaches needed

Volunteer coaches and assistants are needed to work with Youth Services cheerleading and basketball.

Volunteers must be National Youth Sports Coaches Association (NYSCA), first aid and CPR certified. An NYSCA class will be held Dec. 3 from 9 a.m. to noon.

Call Mike Jones at 788-3957 for more information.

HU, Florida A&M game

Active Youth services members are invited to attend the Hampton University/Florida A&M game at HU on Nov. 12. The Cost is \$5 and each person should bring extra spending money.

Transportation will depart form the Community Activities Center at 12:15 p.m. and return at 4:30 p.m.

A permission slip and cash must be received by a YS staff member by Nov. 4. Also, a power of attorney must be on file with YS. Space is limited to 15 and a waiting list will be established for all others.

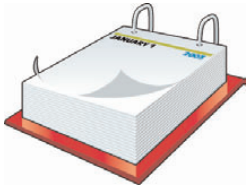
Call Mike Jones or Janice Markham for more information.

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AD

MoatNotes

UPCOMING SPOTLIGHT EVENTS

Clean Sweep Walk Oct. 18 | OPSEC/SAEDA Training . . . Oct. 24
Ethics Training Oct. 18 | Post Run Oct. 25
AFTB Class Oct. 19 | U.S. Army Soldier Show Oct. 27
For more on these and other upcoming events, see listings below or other stories and briefs in this issue.



Oct. 14

Fridays at the Fort

The Bay Breeze Community Center’s “Fridays at the Fort” celebration continues this evening with great food, karaoke fun and hot hits by DJ L.F. Edwards. The doors open at 4:30 p.m. The celebration is open to the public and admission is free. For more information, call 788-2406.

Used book sale

The Friends of the Newport News Public Library are hosting a used book sale today and tomorrow at the West Avenue branch. The hours are 10 a.m. to 5 p.m., Friday, and 10 a.m. to 3 p.m., Saturday. More than 40,000 books will be available. For more information, call 926-1350.

Indian exhibit

A special exhibit featuring early images of Virginia Indians is now open at the Hampton History Museum. The exhibit continues until Nov. 21.

Celebrating Native American Heritage Month, the exhibit contains drawings and prints that are identical to those produced by explorers and colonists in the late 1500s, and European publishers from the 1600s to the 1800s.

Admission is \$5 for adults and \$4 for seniors, military ID card holders, NASA employees and children ages 4-12. Museum hours are 10 a.m. to 5 p.m., Monday through Saturday, and 1 to 5 p.m., Sunday. For more information, call 727-1610.

Military discount

Effective immediately, the Portsmouth museums – which include the Children’s Museum of Virginia, the Courthouse Galleries, the Naval Shipyard Museum and the Lightship Portsmouth – will offer discounts to seniors and the military. Discounts apply to active duty and retired service members with military ID.

The Robot Zoo

With three robotic animals and seven hands-on activities, a new exhibit at the Virginia Living Museum is giving visitors an up-close and educational look at oddities like the chameleon and common insects like the housefly.

“The Robot Zoo” exhibit continues through Jan. 8. It features an artificial chameleon and platypus, and a housefly with a three-foot wingspan. Sensory activities include “Swat the Fly,” a test of the

Monkeying Around

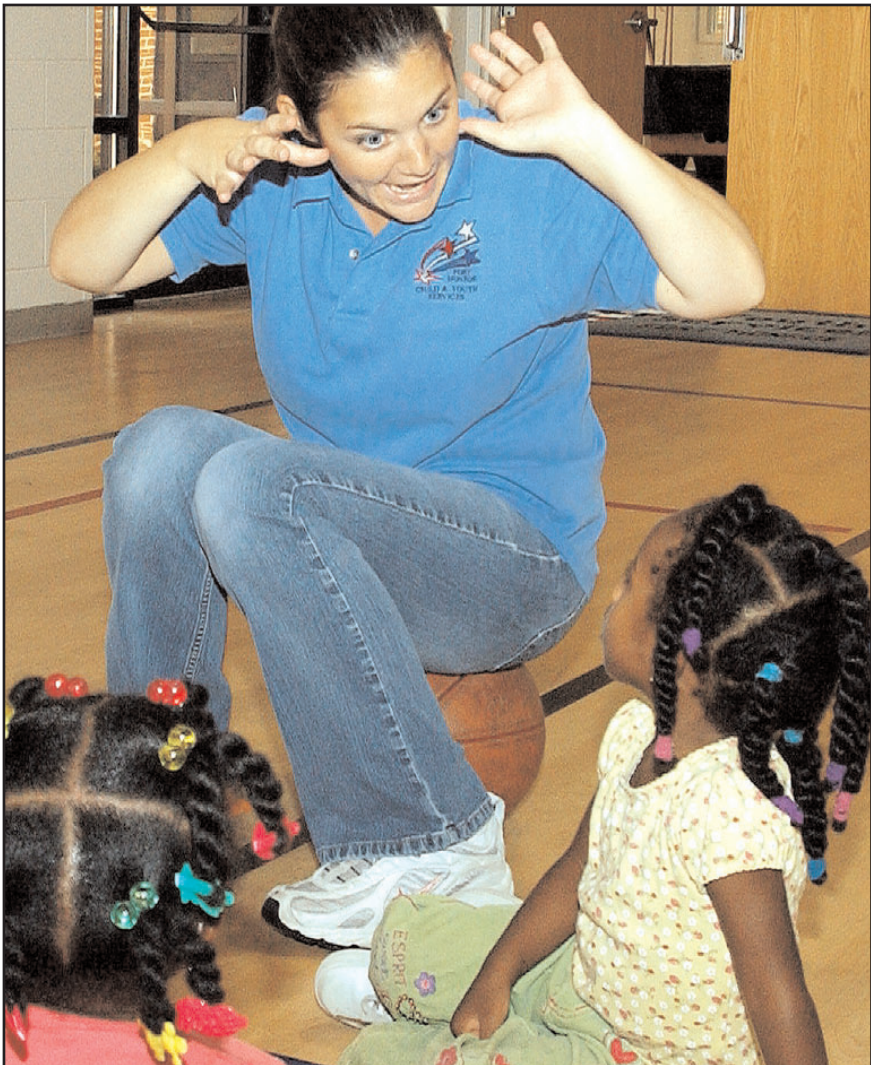


Photo by Patricia Radcliffe

Child Development Center employee Michelle Hurlock pretends to be a pesky primate taunting alligators like Miyatta Collingwood (2) during open play time at the Community Activities Center on Oct. 4.

visitor’s reaction time, and “Sticky Feet,” where visitors wear special hand and knee pads to stick like flies to a sloped surface.

Admission to the exhibit and museum is \$13 for adults and \$10 for children ages 3 to 12. The museum’s hours are 9 a.m. to 5 p.m., Monday through Saturday, and noon to 5 p.m., Sunday. For more information, call 595-1900.

Lion in Winter

The Peninsula Community Theatre presents its latest production, “The Lion in Winter,” today through Sunday at 10251 Warwick Boulevard, Newport News. Showtimes are 8 p.m. Friday and Saturday, and 2:30 p.m., Sunday. Additional shows are scheduled for Oct. 21 to 23 and 28 to 30.

The audience will be introduced to one of England’s most dysfunctional families. King Henry II has three sons by Eleanor of Aquitaine, whom he keeps locked up so she can’t interfere. The king and queen cannot get along with each other or their sons, and the resulting show-downs make for a tragic comedy that reminds us that even in the

most regal of families there is always plenty to fight about.

All tickets are \$15. For more information, or to reserve seats by phone, call 595-5728.

Oct. 15

Oktober Brewfest

It all started as an 1812 wedding celebration in Munich, but “Oktoberfest” grew to become one of the most popular fall festivities around the globe. The City of Virginia Beach will host its Oktober Brewfest celebration Saturday and Sunday at the Beachstreet Seaside Palladium at 24th Street and Atlantic Avenue.

Guests can sample authentic German beer from the Warsteiner family, dance to the music of an “oompa” band, and cheer on man’s best friend during the Dachshund beauty pageant.

The celebration continues from 1 p.m. to 10 p.m., Saturday, and 1 p.m. to 5 p.m., Sunday. Admission is free. Each mug of German beer will cost \$4. For more information, visit www.beacheventsfun.com.

Harvest Day

Enjoy old-fashioned carnival games, kids’ crafts, storytelling, hayrides and more during the annual York River Harvest Day celebration from noon to 4 p.m. Saturday at York River State Park, Williamsburg. Admission is free but there is a parking fee. For more information, call 566-3036.

Oct. 16

Military Day

Admission to the Virginia Zoo, Norfolk, will be free to all visitors with an active-duty-military ID card Sunday from 10 a.m. to 4 p.m.

In addition to its regular exhibits, zoo events planned for that day include children’s games, inflatable rides, face painting and a special Garfield show. For more information, call 788-4984.

Country concert

The Commodore Theatre, Portsmouth, presents harmonica wizard Mike Stevens and instrumentalist/vocalist Raymond McLain in concert Sunday at 2 p.m.

The duo has received rave reviews from past performances at Carnegie Hall and the Grand Ole Opry. Stevens and McLain offers an exciting and original combination of bluegrass, blues and old-time country music.

Admission is \$15 for the dining area, \$10 for the balcony, and \$8 for children ages 8 to 13. For more information and reservations, call 393-4383.

AT THE MOVIES

Showing at the Fort Eustis Theater

- Friday, Oct. 14
7 p.m. — Red Eye (PG-13)
Saturday, Oct. 15
2 p.m. — No Show
7 p.m. — The Cave (PG-13)
Wednesday, Oct. 19
7 p.m. — No Show
Thursday, Oct. 20
7 p.m. — Red Eye (PG-13)
Friday, Oct. 21
7 p.m. — The Transporter 2 (PG-13)
Saturday, Oct. 22
2 p.m. — No Show
7 p.m. — The Man (R)
Wednesday, Oct. 26
7 p.m. — No Show
Thursday, Oct. 27
7 p.m. — The Transporter 2 (PG-13)

*The Langley Air Force Base movie theater is closed for renovations.

Adults \$2, children 6-12 years old \$1.50 and children under 6 are free. If a child under 6 occupies a seat at a G-rated movie, admission is \$1.50. For more information, call 766-1237.

ACS *Corner*

AFAP issues requested

Issues are now being accepted for Fort Monroe's 2006 Army Family Action Plan Forum. This event will be held Jan. 18 and 19 in the Soldier and Family Support Center, 96 Stillwell Road. Persons submitting issues should provide the title of the issue, the scope which defines the problem and recommendations for resolving it.

The forum addresses quality-of-life issues and provides feedback to Army leadership on how programs and services can be improved to meet the needs of military personnel, their families and DA civilians. Submissions should be sent via e-mail to Beverly Nicholson, program coordinator, at nicholsb@monroe.army.mil or mail to Soldier and Family Support Center, 96 Stilwell Road, Fort Monroe, VA 23651.

Boots n' Booties

The Soldier and Family Support Center will host two Boots n' Booties classes on Oct. 26. The first class will meet from 9 a.m. to 12:15 p.m. and the other from 5:30 to 7:30 p.m. This program is designed to assist expectant parents in preparing for a baby's arrival. New parents will also find this program helpful. Subjects to be addressed include infant growth and development, budgeting for a baby, car seat installation, childcare options, parenting skills and available resources. Each participant will receive a free layette.

The classes are open to active duty service members, family members, DA civilians, and retirees. To register, call 788-3878.

'Toddler Time'

The "Toddler Time" playgroup, sponsored by the Soldier and Family Support Center, helps children develop their social skills through unstructured activities. It can lead to new friendships for the participating children and their parents. The program also gives moms and dads the chance to meet other parents and share experiences, swap stories and ask for advice about parenting issues.

"Toddler Time" is open to active duty service

members, family members, DA civilians and retirees. The playgroup meets at the Community Activities Center gym every Monday from 9:30 to 10:30 a.m. On the first Monday of each month, sessions are held at the indoor pool from 10 to 11 a.m. To register or obtain additional information, contact Kathleen Miller at 788-3878.

AFTB classes

Army Family Team Building classes have returned to the Soldier and Family Support Center. The lessons help participants understand military lingo and gain a better understanding of benefits and services available to DoD employees. AFTB can help you "grow" personal skills that will make you an asset to any organization and develop your abilities as a leader and mentor to others.

The classes are open to everyone in the community. All sessions begin at noon and last approximately one hour. Participants may bring a lunch. The following is a schedule of upcoming classes. To register, contact Kathleen Miller at 788-3878.

Oct. 19, Introduction to Family Financial Readiness – This course introduces basic money management and financial planning techniques. It illustrates the advantages and techniques of creating a family financial plan, how to save wisely and information on credit. It defines saving and investment and reinforces the importance of planning for the future.

Oct. 26, Basic Problem Solving – The class describes and provides an opportunity to practice a six-step problem solving process to help determine solutions to various real-life scenarios.

Nov. 2, Communication – Participants discuss various types of communication and assess their ability to effectively communicate with others. The class will explore barriers to communication and develop strategies to improve their skills.

Nov. 9, Personal Time Management – This class helps students assess personal time management skills and prioritize activities using a time management tool.

Nov. 16, Stress Management – This class defines stress and identifies symptoms and sources of stress. Students will discuss stress management techniques.

Single Parent Support Group

The next Single Parent Support Group meeting will take place Nov. 8, from 11:30 a.m. to 12:30 p.m., at the Soldier & Family Support Center.

The session will include a roundtable discussion/planning session for next year's events. The support group is open to all military and civilians. Lunch is provided.

All new and returning members need to call Staff Sgt. Tania Ponder at 788-5884 or Kathleen Miller at 788-3878 if they plan to attend.

Personal Financial Readiness

Fort Monroe's Personal Financial Readiness Program offers a variety of consumer and financial workshops that are open to active duty Soldiers, retirees, DA civilians, and family members.

All classes usually run two hours and cover topics like "living within your means," car buying, debt management, understanding credit, financial planning, investing, estate planning, determining your insurance needs and retirement planning.

To obtain a schedule of training sessions, or for more information, contact Beverly Nicholson, personal financial readiness program coordinator, at 788-4132 or via e-mail beverly.a.nicholson@us.army.mil.

Holiday Assistance Program

Applications are now being accepted for this year's Holiday Assistance Program. To be eligible, you must have a military ID and a genuine need.

Active duty Soldiers can obtain an application from their first sergeant or a designated unit or directorate representative. Assistance will be granted on a case-by-case basis. For more information, contact Beverly Nicholson at 788-4132.

Open house

Peninsula Catholic High School, Newport News, will hold its open house for prospective students and their families for the 2006-2007 school year on Sunday at 2 p.m. A short presentation about the school will be followed by a tour.

The school is located at 600 Harpersville Road. It serves students in grades 8 through 12. For more information, call 596-7247, ext. 11.

Oct. 21

Ghost walk

Endview Plantation, Newport News, seeks guests with strong hearts and brave souls for its Civil War Ghost Walk Oct. 21 and 22 from 7 to 10 p.m.

Lantern-led tours will guide visitors through a haunted 1812 Civil War battlefield, complete with grave robbers, ghostly apparitions, the headless horseman and eerie

creatures of the night.

Admission is \$7 per person. It's free to children age 7 and under. For more information, call 887-1862.

Wildlife festival

Pony rides, live animal shows, hayrides, live music and a rock wall are just some of the offerings of the Hampton Wildlife Festival at Sandy Bottom Nature Park Oct. 21 through 23. Parking and admission are free. The hours are 5 to 9 p.m., Friday; 10 a.m. to 9 p.m., Saturday; and 10 a.m. to 5 p.m., Sunday. For more information, call 825-4462 or 810-6753.

Halloween celebration

The "Night of the Living Museum" returns to Newport News Oct. 21 from 6 to 9 p.m. Held at the Virginia Living Museum, the event features live animal shows, a night trail walk and a haunting planetarium show filled with little known Halloween facts. This non-scary

event is perfect for families with small children.

Admission is \$9 for adults and \$6 for children ages 3 to 12. For more information, call 595-1900.

Oct. 22

Cartoon breakfast

Spider-Man, Tony the Tiger, the creature from Beauty and the Beast, and other cartoon characters will be on hand for a special continental breakfast for kids on Oct. 22 from 8 to 10 a.m. at the Children's Museum of Virginia, Portsmouth.

The participation fee includes all-day admission to the museum. Tickets are \$8 for adults and \$5 for children. Kids under the age of 2 are admitted free. The event also includes pictures with Spider-Man for an additional cost.

Tickets can be purchased at any Farm Fresh Ticketmaster location. For more information, call 393-5258.

'Barber of Seville'

The Ferguson Center for the Arts, CNU Campus, Newport News, presents the comedy opera "The Barber of Seville" Oct. 22 at 8 p.m. Billed as "one of the most popular operas ever written," it tells the story of a barber named Figaro who is also a matchmaker, tailor and whatever else the townspeople need.

Tickets range from \$35 to \$45, depending on seat location. For more information, visit ferguson-center.cnu.edu.

Ketchum concert

The Williamsburg Library Theatre presents singer, songwriter, actor and author Hal Ketchum in concert Oct. 22. The first performance begins at 2:30 p.m., followed by an evening show at 7:30 p.m.

Tickets are \$25 in advance (\$30 on the day of the show) for adults; \$20 for students with ID; and \$15 for youths 16 and under. For more information, call 259-4070.

Army brings ‘Operation America Cares’ to Monroe

STORY AND PHOTO BY TIM HIPPS
USACFSC PUBLIC AFFAIRS

Wrapping up a six-and-a-half month tour that crossed four continents and reached more than 50 military installations and camps around the world, the U.S. Army Soldier Show is coming to the Fort Monroe Theater Oct. 27 at 2 p.m. for one of its last performances of the 2005 season.

The show is free and open to everyone on post. This year’s 90-minute song and dance production is titled “Operation America Cares.” According to the show’s director, Victor Hurtado, it stresses the importance of giving deployed Soldiers a touch of home.

“The message of the show is that it doesn’t matter how tough we are and it doesn’t matter how fit to fight we are, Soldiers are still human and they long for America’s affection,” Hurtado said.

The show’s “vision” will be brought to life by a wide assortment of musical genres – rhythm and blues, new rock, country, gospel, patriotic and newly arranged movie themes. Calling it “a gift to the American Soldier,” Hurtado stressed his desire to leave audiences with a sense of newfound knowledge.

“It’s not just about singing and dancing; it’s about each audience member getting something out of it – being entertained, being moved, being inspired,” he said. “We want to give them something to think about until next year ... lift their spirits and grow their minds.”

The show will focus on how Soldiers deal with the stresses of war and long deployments, Hurtado said. In one scene, a crate stuffed with recreation kits arrives from the Army’s Morale, Welfare and Recreation headquarters.

“The show is really going to focus on how we



First Lt. Christina Fanitzi of Camp Humphreys, South Korea, sings Gwen Stefani and Eve’s “Rich Girl” during rehearsals for the 2005 Army Soldier Show

take ‘home’ to the deployed Soldiers,” said Hurtado, who performed in the Soldier Show from 1986 through ’89 while on active duty.

While DVDs and CDs can help Soldiers combat stress, nothing boosts morale quite like personal contact from home, Hurtado said. The reinforcing feeling that everything is OK often makes a world of difference.

“I would say the popularity of the show has grown exponentially and it has a different face now,” said Hurtado, who has built upon the “Heart of a Soldier” theme of last year’s show by sticking with a military storyline. “We’re going to continue with our efforts to not just humanize the Soldier to the American public but to show the different facets of a Soldier.”

“We want to recognize that they’re over there

protecting us,” said executive producer Joey Beebe, a former Soldier Show performer who is now celebrating his fourth season on the production team. “To immortalize them in our show is our way of showing that we understand and recognize what they’re doing for this country.”

More than 400 Soldiers submitted applications to perform in the 2005 Soldier Show. Twenty-five were invited for live auditions, and 16 made it to the final lineup.

Staff Sgt. Joanne Makay, a member of the 2003 cast who went on to serve a tour in Iraq among other assignments as a reservist, is the lone returning Soldier Show performer.

“She has quite a presence in the show,” Hurtado said. Makay also sang with Wynonna Judd at the 2003 U.S. Army Birthday Ball.

From one of the Army Entertainment Division’s sister programs – the Margaret “Skippy” Lynn Stars of Tomorrow Talent Contest – Hurtado discovered Spc. Allison Carpenter, Spc. Chris Ekstrom, 1st Lt. Christina Fanitzi, Spc. Rondi Edward, Staff Sgt. Kent Kramer and Spc. David Linson II. All of the Soldiers – except for Edward, who is stationed at Fort Bragg, N.C. – came to the show from duty stations in South Korea.

The show’s cast also includes: 1st Lt. Heather Gross, a UH-60 Blackhawk helicopter pilot from Fort Campbell, Ky.; Spc. Karsten Ormiston, a reservist who has a daughter and sister serving in Iraq; Pfc. Sarah Perret and Spc. Christina Westman, who are both assigned to Fort Drum, N.Y.; Sgt. Tony Cooper, Fort Gordon, Ga.; 2nd Lt. Brandy Culp, Fort Polk, La.; Spc. Dawn Hudson, Yongsan, South Korea; Sgt. Chaney Mosley, Fort Dix, N.J.; and Pfc. Brady Sikorski, Fort Irwin, Calif.

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NEWS CLIPS

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Halloween tour

The Casemate Museum will present its annual Halloween Lantern Tour on Oct. 28, at 7 p.m. This will be an outdoor tour (weather permitting) and is not recommended for very small children. This event is free and open to the public, but reservations are required.

Call Carol Hanson at 788-3391 for more information.

Langley accreditation survey

The Joint Commission on Accreditation of Healthcare Organizations will conduct an accreditation survey of 1st Medical Group, Langley Air Force Base from Oct. 18 to 21. The health services inspection team will also conduct their survey during the same timeframe.

The purpose of the survey will be to evaluate the organization's compliance with nationally established Joint Commission standards. The survey results will be used to determine whether, and the conditions under which accreditation should be awarded the organization.

Joint Commission standards deals with organizational quality of care issues and the safety of the environment in which care is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission's representatives at the time of survey.

Information presented at the interview will be carefully evaluated for relevance to the accreditation process. Requests for a public information interview must be made in writing and should be sent to the Joint Commission no later than five working days before the survey begins. The requests must also indicate the nature of the information to be provided at the interview. Requests should be e-mailed to complaint@jcaho.org

Marine Corps Ball

The 4th Supply Battalion, Marine Corps Training Center, Newport News will hold a ball celebrating the 230th birthday of the Corps on Nov. 5 at the Hampton Convention Center. The social hour begins at 6 p.m., followed by the birthday ceremony at 7 p.m. Dinner will be served at 8 p.m. and dancing begins at 11 p.m.

Dress for the ball is evening dress, dress blue A, service A or the equivalent for military members and formal for civilians.

Tickets are on sale until Oct. 25. Cost is \$35 for E-3s and below, \$45 for E4s and E5s, \$55 for E6s to E9s, and \$60 for officers and guests.

Tickets can be purchased by mailing a payment to Staff Sgt. Ken Davis, 7401 Warwick Blvd., Newport News, VA 23607 or calling 247-6641, ext. 271.

Wildlife festival volunteers

Volunteers are needed to staff shifts at the Clean City Commission's display at the Hampton Wildlife Festival at Sandy Bottom Nature Park from Oct. 21 to 23. Volunteers stay with the display, engage children in simple nature activities and encourage people to sign up for the Commission's e-mail list or ask questions that would be answered by staff following the weekend.

Human Race volunteers

Volunteers who would like to raise money for planting trees in Hampton and also have fun doing it can volunteer to form a team that will gather pledges and then walk in the annual fund raiser, the Human Race, which is sponsored by

the Volunteer Center of the Virginia Peninsula. Teams raise funds and walk through the Festival of Lights in Newport News Park on Nov. 22 from 5 p.m. to 7 p.m.

This is one way to start off the holiday season while helping Hampton's environment.

For more information about these and other Hampton Clean City Commission projects and programs, visit the group's Web site at www.hampton.gov/hccc or call 727-6394.

'Military exclusive' comic book heads for AAFES outlets

Marvel Comic's "The New Avengers" and the Army & Air Force Exchange Service have teamed up again to distribute another military-

exclusive comic book. The comic titled "Pot of Gold" is scheduled to arrive in continental United States AAFES stores this month.

Available exclusively at AAFES facilities, the second installment once again features Marvels superheroes "The New Avengers" to include Captain America, Nick Fury and Luke Cage. These characters, along with some special guests, come face to face with "The Disruptor," a cyborg armed with disruptive electronic pulse weapons determined to steal AAFES' annual Morale, Welfare and Recreation dividend ... the story line's "pot of gold."

Because of the highly collectible nature of the comic and the anticipated demand, AAFES officials advise the comic book is available on a first-come, first-served basis.

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